

The District shall provide nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The Superintendent or designee will develop nutrition guidelines promoting student health and reducing childhood obesity for all goods vended or distributed by school employees and/or student organizations.

Guidelines for reimbursable school meals will maintain their current regulations as issued by the USDA.

The Superintendent or designee will establish measures to evaluate the implementation of the Healthy School Environment (Wellness) policy.

Adopted: \_\_\_\_\_ Reviewed: \_\_\_\_\_ Revised: \_\_\_\_\_

Legal Reference: Idaho Code Section

## Healthy Food Guidelines

- **Student Vending Machines**
- **DECA Stores**
- **School Sales during the School Day on School Premises**

### **Beverages:**

Fruit juice and vegetable juice (100%) with preference given to those fortified with calcium and vitamin D

Milk or Flavored Milk, 2% or less

Water

Carbonated Beverages will not be allowed.

### **Fresh Foods:**

Fresh foods such as fruits, vegetables, calcium rich dairy products, nuts, seeds, and whole grains already meet the “item” criteria. Whenever possible these products should be promoted as best practice in foods offered or sold to children.

### **Snacks:**

Snacks are single serving foods that might be found in convenience stores, vending machines, cafeterias or any other quick environment.

### **Pre-packaged Foods:**

Use the following criteria for pre-packaged snack items:

- **Maximum of 4 grams of fat per 100 calories**
  - **Maximum of 600 mg. sodium per serving**
  - **Minimum of 12 grams of complex carbohydrates (carbs) per serving**
- Or**
- **½ of the total carbohydrates (carbs) must be complex**
  - **Serving size will be no larger than 2.5 ounce per packaged item**

**How to determine the number of fat grams in 100 calories of a snack Item.**

**Use the formula below:**

100 calories ÷ \_\_\_\_\_ calories per serving X \_\_\_\_\_ total fat grams per serving = \_\_\_\_\_ grams of fat per 100 calories.

**How do you know if the snack has at least ½ of the carbs from complex carbs? Look on the label. You will need total carbs and sugars. Use the following formula:**

\_\_\_\_\_ total grams of carbohydrate ÷ 2 are more than or equal to the total carbs from sugars.

Snacks meeting this criteria, will be added to the approved list and this list will be updated and sent out as needed to the groups and departments requiring this information.